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July 2008

The annual INFLUENCE event in Indianapolis has inspired many local groups to begin planning their own INFLUENCE forums. We have been experiencing some technical difficulties, but are in the process of updating the INFLUENCE Web site with many useful tools that will help you learn more about mental health and addictions, complete Dr. Monroe's Top 9 List, and plan a local INFLUENCE event. Please check www.influence.in.gov regularly for the latest information about INFLUENCE.

For the month of July, we ask each of you to focus on # 4 in the Top 9 List (see below). First, you need to be aware of some of the more general warning signs of addiction:

- Change in overall attitude/personality with no other identifiable cause;
- Change in activities or hobbies/loss of interest in things that were important before;
- Drop in grades at school or performance at work; skips or is late for school or work;
- Change in habits at home; loss of interest in family and family activities;
- Loss of appetite, increase in appetite, unexplained weight loss or gain
- Moodiness, irritability, or nervousness;
- Excessive need for privacy; unreachable;
- Chronic dishonesty;
- Unexplained need for money, stealing money or items;
- Change in personal grooming habits.



Please note, these are just some of the more general and common signs of addiction. Click [here](#) for specific physical, mental and emotional symptoms of addiction associated with a particular type of drug.

Source: <http://www.acde.org>

Next, do your part to spread the word about resources that can help individuals break their addictions. Here are just a few ideas on how you can use your influence and make sure women all across the state know about these helpful resources:



- Display [Indiana Tobacco Quitline](#) brochures, cards, or posters in your worksite, place of worship, or community center. [Click here](#) to order free Quitline resources.
- Promote the Federal Addictions Hotline (1-800-662 HELP) through your employee newsletter, on paycheck stuffers, in your faith-based organization's weekly bulletin, or on your company/organization's Web site.
- Learn about the [Indiana Access to Recovery](#) (ATR) program (information provided below). If your county is covered by ATR help spread the word about the services provided to eligible populations and encourage local faith-based and community agencies to apply to provide recovery services.
- Scroll down for information about the [Quit 2 Win](#) contest and think of ways to use your influence to get the word out about this innovative approach to reduce smoking.

As you use your influence to address the issue of mental health and addictions in Indiana, please share your success with us! You may send success stories as well as comments and suggestions to tparrish@isdh.in.gov. Thank you for your continued efforts to improve the health and well being of all Hoosiers.



What is ATR?

Indiana Access to Recovery (ATR) is a SAMHSA discretionary grant aimed at expanding the chemical dependency recovery infrastructure in the state to

include both faith-based and community organizations that have traditionally not been involved in chemical dependency recovery. The grant will also pilot the establishment of client choice at the center of chemical dependency efforts throughout the state.

Who is Eligible for the Program?

Indiana ATR funds will be available for adults at or below 200% of the federal poverty level, residing in **Allen, Elkhart, Lake, Marion, St. Joseph, Vanderburgh, and Vigo** counties. The program is designed eliminate barriers to treatment and recovery services for adults dealing with substance abuse and addiction issues. The three target populations are: adults transitioning into the community after incarceration, women who are pregnant or who have dependent children, and adults with a history of Methamphetamine use.

How does ATR Work?

Each client enrolled in ATR will work with a Care Coordinator who will help him or her assess individual recovery needs and guide them in the development of their Individualized Recovery Plan. The Care Coordinator will authorize vouchers allowing the client to access ATR-funded services and will also help the client to connect with any non-ATR services they may require. ATR providers will be both secular and faith-based, giving the client the option of selecting the provider they are most comfortable with. When a client accesses services at an ATR provider organization, that organization will then be reimbursed by the state. With the exception of agencies that provide Care Coordination, Indiana ATR Service Providers who meet certification criteria may provide any or all of the Clinical and Recovery Support Services. Adults enrolled in ATR must be residents of one of the seven designated counties. However, ATR clients may access services at any certified ATR Provider, which could be located in a non-ATR county.

What Services do ATR Vouchers Cover?

- **Care Coordination**
- **Clinical Services:** Clinical evaluation/assessment, Intensive Outpatient Treatment, Integrated Treatment of Co-occurring Disorders, Detoxification
- **Recovery Services:** Transportation, Employment, Faith-based or Community Support, Substance Abuse Prevention and Education, Parenting Support (childcare), Parenting Educational Services, Housing Assistance, GED and Supportive Education, Peer to Peer Services, Family and Marital Counseling, Alcohol and Other Drug Screening

When will residents of ATR Counties be able to access services?

Vigo County - February 1, 2008
Vanderburgh County - May 1, 2008
Elkhart County - June 1, 2008
Lake County - June 15, 2008
St. Joseph County - July 1, 2008
Allen County - July 15, 2008
Marion County - September 1, 2008

How do I sign up to be a provider?

The Division of Mental Health and Addiction (DMHA) and the Office of Faith Based and Community Initiatives (OFBCI) are currently recruiting organizations to provide Care Coordination and all other ATR recovery and clinical services. Provider Service Organizations will be asked to complete a brief application, giving information about their organization and outlining their services. Those applications will be reviewed and providers will be certified by the Office of Faith-Based and Community Initiatives. **If you are interested in learning more, please contact ATR Provider Services Manager, Charlotte Shoulders at (317) 234-4292 or cshoulders@ofbci.IN.gov**

How do I access services?

Care Coordinator contact information for all counties will be available on the Indiana [Access to Recovery Web site](#) close to the county-specific rollout date.



Quit 2 Win is back!!

Quit 2 Win encourages tobacco users to pledge to quit for 30 days. The contest starts September 15, 2008 and ends October 15, 2008.

The Quit 2 Win contest is a collaboration between INShape Indiana, Indiana State Department of Health, and Indiana Tobacco Prevention and Cessation.

Participant(s) are defined as any person (18 years or older and a legal resident of Indiana) who uses tobacco daily and pledges to stop using tobacco during this period. Contest entries must be received no later than September 1, 2008. One entry allowed per person.

The Quit 2 Win contest is free to enter and winners will be chosen at random for cash prizes of \$2500, \$1500, and \$1000 provided by Indianapolis Woman Magazine.

Quit 2 Win winners will be drawn at random and will be tested to make sure they are tobacco-free to be eligible to claim a prize(s). Official contest rules are posted at www.INShape.in.gov.

For help with quitting tobacco, you can:

- Call 1-800-QUIT-NOW (1-800-784-8669) for quit coaching. The quit line is a FREE resource that any Hoosier who uses tobacco can call for help in quitting.
- See your health care provider for help
- Contact your [local tobacco control coalition](#) for local resources
- Visit www.inshape.in.gov



Top 9 List - Volume II

Now that you are armed with knowledge about mental health and addictions, here is a list of 9 action steps you can take to make a difference in the health of Hoosier women:

1. Host an INFLuence Women's Health Forum in your community and invite local women of INFLuence to join together in fighting the challenge of addiction. An online toolkit will be available to assist you at www.influence.in.gov.
2. Support legislative efforts that promote prevention and addiction treatment.
3. Recognize addiction to tobacco, alcohol, and other drugs as a public

health disease and understand the connection between mental illness and substance abuse. Support Integrated Dual Diagnosis Treatment. A toolkit is available at www.samhsa.gov.

4. **Learn to recognize the warning signs of addiction. If you know someone with an addiction, encourage them to contact the Indiana Tobacco Quit Line: 1-800-QUIT-NOW or the Federal Addictions Hotline: 1-800-662-HELP. If you are a health care provider, assess the signs and symptoms of addiction and refer your patients for help.**
5. Empower youth to take action against addiction and encourage them to get involved at www.Voice.tv and www.indianasadd.org.
6. Support policies and practices that promote responsible alcohol consumption in all venues. Discourage binge drinking, identify designated drivers, host alcohol-free work and social functions, and never provide alcohol to minors.
7. Talk to your children and other youth about the dangers of alcohol use and abusing prescription and over-the-counter drugs. Educate yourself at www.theantidrug.com and www.timetotalk.org.
8. Assess current policies and resources available in your workplace that aid in dealing with and overcoming addictions. Use your influence to improve these policies and expand resources.
9. Contact 9 women you know, share the information you learned at the forum and ask them to complete the "Top 9 List" as well!

Thank you for taking action that will protect Hoosier women, their families, and generations to come from the devastating effects of addiction.

"Over the course of my career, I have seen the health of people from all walks of life severely affected by the sadness and pain of addiction to drugs, alcohol, and tobacco. Addiction destroys lives, shatters families and threatens the safety of our neighborhoods. We must work together to promote prevention efforts and create better access to treatment. As your state health commissioner, I ask that you make a personal commitment to once again use your influence and fight the challenge of addiction that causes suffering in so many lives."

For a Healthier Tomorrow,

Judy Monroe, MD
State Health Commissioner



Click below to tell other women you know about INFluence and encourage them to take an active role in improving the health of all Hoosier women.

 **FORWARD TO
A FRIEND**

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